

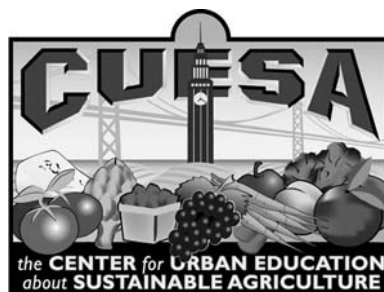
Real Meals Real Fast

with Jessica Prentice

Basic Beet Borscht

Ingredients:

2 tablespoons butter or olive oil
1 onion or large leek, sliced or chopped small
½ teaspoon (or more, to taste) caraway seeds (optional)
1 carrot, sliced thinly
1 stalk celery or 1 parsley root, sliced thinly
1 small can diced tomatoes, tomato puree, or 1 tablespoon of tomato paste
½ head cabbage, shredded
1 bunch red beets, peeled and sliced thinly
Filtered water or beef stock
1 bay leaf and a few parsley stems, tied in a bundle with string
Salt and pepper to taste
Red wine vinegar (or beet kvass) to taste, optional
Crème fraiche, sour cream, or yogurt for garnish
Fresh dill, chives, or scallions for garnish (optional)



Procedure:

1. Heat the butter or oil in a medium-sized soup pot. Add the leeks or onions with the caraway seeds, then add the celery, carrots, and cabbage one by one and sauté until soft.
2. Add the tomatoes, puree, or paste and heat through.
3. Add the beets and filtered water (or stock) to cover the vegetables by about an inch.
4. Add the bay leaf and parsley stems and bring the pot to a boil.
5. Reduce heat, cover, and simmer until all is soft.
6. Turn off the heat and remove the bay leaf bundle.
7. Add a big pinch of salt and a grind of pepper to the pot. Taste the soup and adjust the seasonings by adding salt, pepper, or a few drops of vinegar, to taste.
8. Serve in a shallow bowl with a dollop of crème fraiche, sour cream, or yogurt and a sprinkling of fresh dill, chives or scallions if desired.

Notes:

Borscht is great served with a dark, whole grain bread – especially one with rye in it, spread thick with butter. A salad of crisp lettuce with hard cooked eggs is also a great accompaniment.

Copyright © 2004 Jessica Prentice: www.stirringthecauldron.com

Feel free to distribute this recipe in its entirety -- just please be sure to include these credits.